



DECEMBER 2015

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Anne Arundel Services: <ul style="list-style-type: none"> • BF Classes • BF Support Groups • 1-on-1 consults with Breastfeeding Peer Counselor or the Lactation Consultant For more information: http://www.aahealth.org/pdf/breast-feeding-resources.pdf		1	2	3 North County Breastfeeding Support Group 9:30 am - 11:30 am	4 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	5
6	7	8	9 North County Getting Started with Breastfeeding 5-6 pm	10 North County Breastfeeding Support Group 9:30 am - 11:30 am	11 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon	12
13	14	15	16	17	18 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am	19
20	21	22 North County Getting Started with Breastfeeding 10:30 am – 11:30 am	23 North County Getting Started with Breastfeeding 5-6 pm	24	25	26
27	28	29	30	31	To Contact a Breastfeeding Peer Counselor near you or the Breastfeeding Coordinator: (410) 222-6797 For Breastfeeding support: (410) 222-0085 {English} (410) 222-0139 {Spanish}	



JANUARY 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6 Annapolis Getting Started with Breastfeeding 5-6 pm	7 North County Breastfeeding Support Group 9:30 am - 11:30 am	8 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	9
10	11	12	13 North County Getting Started with Breastfeeding 5-6 pm	14	15 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am Annapolis Getting Started with Breastfeeding 11 am - 12 noon	16
17	18	19	20	21 North County Breastfeeding Support Group 9:30 am - 11:30 am	22 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	23
24/31	25	26 North County Getting Started with Breastfeeding 10:30 am – 11:30 am	27 North County Getting Started with Breastfeeding 5-6 pm	28	29 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am	30



FEBRUARY 2016

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7	8	9	10 North County Getting Started with Breastfeeding 5-6 pm	11	12 Annapolis Breastfeeding Support Group 9:30 am - 10:30 am	13
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21/28	22/29	23 North County Getting Started with Breastfeeding 10:30 am - 11:30 am	24 North County Getting Started with Breastfeeding 5-6 pm	25	26 Annapolis Breastfeeding Support Group 9:30 am - 11:30 am Annapolis	27